WHAT IS MEDITATION?

ACHARYA RAJNEESH

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THEOSOFISCHE
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Tolstraat 154 Amsterdam

Bhagwan Shree Rajneesh

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A collection of forty five Immortal Letters written by Bhagwan Shree Rajneesh to H.H. Ma Veet Sandeh (Alias Dr. Miss Grazia Marchiano, Rome, Italy), President, Neo-Sannyas International, for Europe.

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For beloved Veet Sandeh
to meditate and TO BE.

The mind is to raise questions.
But only questions.
It never answers.
And it can never answer.
That is beyond it.
It is not meant for that.
That is not its function.
But it TRIES TO ANSWER.
And the result is the mess called PHILOSOPHY!
Meditation never questions.
But it ANSWERS.
It is the ANSWER.
Because, it is LIFE.
Because, it is EXISTENCE.
Question, and there is no answer.
Do not question and you are the answer.
But why it is so ?

It is so because the questioning consciousness—mind—is disturbed and the non-questioning consciousness—no-mind—is silent, quiet and at rest in its suchness.

Philosophy comes out of questioning.
And, RELIGION out of the non-questioning consciousness.
Logic is the method of philosophy.
And, meditation: the method of religion.

2/ Meditation is a Living Art

Meditation cannot be taught directly.
Because it is not a mechanical technique—but a living art.

Dogo had a disciple called Soshin.

Soshin waited long with his master to be taught the art of meditation. He expected lessons the way a schoolboy is taught at school.

But there were no special lessons coming.

And this bewildered and disappointed the disciple.

One day he said to the master: "It is long time since I came here but not a word has been given to me regarding the essence of meditation."

Dogo laughed at this heartily and said: "What are you saying, my boy? Since your arrival **I have ever been giving you lessons on the matter!**"

At this, the poor disciple was even more bewildered!

And for sometime he could not think what to say.

And then one day again he gathered courage and asked again: "What kind of lesson could it have been, Sir?"

Dogo said: "When you bring me a cup of tea in the morning, I take it; when you serve me a meal, I accept it and when you bow to me, I return it with a nod. How else do you expect to be taught in meditation?"

Soshin hung his head and began to think about the puzzling words of the master.

But at this the master said again: "If you want to see, SEE, RIGHT AT ONCE. Because, **when you begin to think you miss the point altogether.**"

3/In the Gap is Meditation

See: this is a white paper—it contains a drawing.

You can look at it as a WHITE PAPER or as a drawing.

Or, listen to the silence which contains a sonata—you can be aware of the SILENCE or of the sonata.

Or, think of the space which contains a building—you can be aware of the SPACE or of the building.

Or, imagine an empty house—you can conceive it as the walls or as an EMPTINESS.

If you see the drawing, the building, the sonata and the walls you are in the mind—but if you see the white paper, or the silence, or the space, or the emptiness then you are in MEDITATION.

4/Meditation is not thinking but Living

Thinking is necessary, but not enough.

One must know LIVING also.

Otherwise one becomes like the philosopher mentioned by Soren Kierkegaard who builds a fine palace, but is doomed not to live in it—he has a shed for himself next door to what he constructed for others, including himself, to look at!

Meditation is not thinking—but living.

Live it daily—moment to moment; that is live in it or let it live in you.

It is not something other-worldly either—because all such distinctions are from the mind—they are speculative and not existential.

And meditation is existential.

It is no more than one's everyday-life experience—lived totally.

When Mencius says—"The truth is near and people seek it far away"—he means THIS.

Or, when Tokusan is asked about it he replies: "When you are hungry you eat, when you are thirsty you drink, and when you meet a friend you greet him." He means THIS.

Or, sings Ho Koji:

"How wonderous this, how mysterious!

I carry fuel, I draw water."

He also means THIS.

And when you are near me, whatsoever I may say, I always mean THIS.

Or, I may not say anything—but then too I always mean THIS.

5/Know yourself—as you are

Man is an everlack.

Because he desires without knowing himself.

Because he desires to BECOME something without knowing his BEING.

And, this is absurd.

FIRST ONE MUST KNOW HIS BEING.

Otherwise there will be anguish.

Becoming is anguish.

Because it is a constant tension between that which is and that which should be.

And an impossible longing also.

Because only THAT can be, which IS.

So know yourself—as you are.

Without any ideals.

Without any judgement.

And, without any condemnation.

Go deep within yourself without any desires to become.

Because, ONLY then you can know yourself.

Discover yourself, not according to anybody else, but as you are.

Discover the fact.

Discover the real.

In its total nakedness.

In its total authenticity.

Just be a witness to it.

And, then, there is an altogether different quality of life.

The quality of the LET GO.

Then one is relaxed totally.

And all flowering is in relaxation.

And all benediction.

6/Be Aware of Your Masks

John Burroughs remembers: "One day my boy killed what an old hunter told him was a mock duck. It looked like a duck, it acted like a duck, but when it came upon the table—it mocked us!"

Remember to make a clearcut distinction between your SELF and your mock-selves—the masks.

Otherwise, in the end they all will mock at you!

7/Ego is Ignorance

The ego is necessary for both the sensation of pain and the feeling of pleasure.

And, vice versa also.

Because, the sensation of pain and the feeling of pleasure are also necessary for the existence of the ego.

In fact, they both are two sides of the same coin.

The name of the coin is IGNORANCE.

Understand this.

And do not fight with the ego.

Or, with pain and pleasure.

Because, unless ignorance is gone, they will not go—they cannot go.

And, you cannot fight with ignorance.

Because ignorance is just absence of SOMETHING.

ABSENCE OF YOURSELF.

So, **be present to your ignorance.**

Be aware of it.

And, THEN you will be, and THERE will be no ignorance.

Because, you and ignorance cannot exist simultaneously.

Just as light and darkness.

8/Life goes on—Eternally Flowing

Life goes on flowing.
It does not wait.
But mind thinks and therefore takes time.
To exist—no time is needed!
But to think—time is necessary!
Really there is no time in existence.
It appears only because of the mind and its thinking.
Existence exists not in time, but in ETERNITY.
It exists in the eternal NOW.
There is neither past, nor future.
But only the PRESENT.
Or, not even THAT.
Because without the past and future it is meaningless to call it PRESENT!
Do not live out of the mind.
Otherwise, you will always lag behind.
Because, life never waits for you and your so-called mind.
That is why the mind always feels as if something is missing.
Because **it is missing life itself and always!**

Once a master said to his disciples: "If you utter a word, thirty blows of my stick for you. But if you utter no words—just the same—thirty blows of my stick. NOW—SPEAK, SPEAK!"

One disciple came forward, and when he was about to bow before the master, he was struck.

The disciple protested: "I have not uttered a single word and neither you allowed me to not-to-utter. Why the striking?"

The master laughed and said: "If I wait for you and your speech or your silence—IT IS TOO LATE and LIFE CANNOT WAIT."

9/Life is a Sermon

Life is a sermon.

And existence preaches in its own way.

But always indirectly.

And that is the beauty of it.

The harmony in nature teaches, without any intention, the lesson of proportion in life.

Look at the bird on wings—and you will go in meditation without any effort.

Or, listen to its song and your heart will move with it without any motivation.

And when there is no effort on your part the meditation goes deep and transforms you suddenly.

And when there is no motivation and you move—the movement is in the Divine.

10/Life is not a theory but a Mystery

Life is movement.
Process.
Fluidity.
But ideas become fixed.
So they also become anti-life.
They become dead blocks.
Do not remain with them.
MOVE.
And, **do not fear inconsistency.**
Because, life is not a syllogism.
Life is not a theory.
But a MYSTERY.

Some one asked Mulla Nasrudin : "How old are you, Mulla ?

"Forty."

"But you said the same last time I asked you, five years ago!"

"Yes, I am always consistent and always stand by what I have said."

11/Meditation is Unoccupiedness

A life without meditation is like a winter landscape.
With the sun hidden.
The flowers frozen.
And the wind whispering through the withered leaves.
And everyone knows it.
Because everyone lives it that way.
Though no one needs it to live that way.
But why this is so?

This is so because life's needs require an occupied mind and meditation means unoccupiedness.

We train ourselves to be occupied and then forget that one needs to be unoccupied sometimes to know the ecstasy of sheer existence.

One is to be totally vacant inside; because only then one is a HOST to the Divine GUEST.

12/Humbleness—the Essence of Meditation

One day Lin-chi was asked: **"What is the essence of meditation?"**

Lin-chi came right down from his seat and taking hold of the questioner by the front of his robe, slapped his face, and let him go.

The questioner, of course, stood there, stupefied.

Then Lin-chi laughed and said to him: "Why don't you bow?"

And, this woke him from his reverie, and when he was about to make a bow to the master, he had his first **taste of meditation!**

Please, read this again and again and again— and **if you do not have the same taste then slap your face yourself, and then, laugh, and bow down to yourself,** and then you will have the same taste—surely !

13/To Exist Wordlessly is Meditation

The word is not the thing.

The word GOD is not GOD.

But the mind goes on accumulating words and words and words.

And, then, the words become the barrier.

SEE this as a fact within you.

Can you see anything without the word?

Can you feel anything without the word?

Can you live even for a single moment without the word?

Do not think but SEE.

And then you will be in MEDITATION.

To exist WORDLESSLY is to be in meditation.

14/Be as if You are Not

The way of meditation is above the self.
Its base is surrendering.
Surrender the self to your own NO-SELF.
Become—BE as if you are not.
Oh! the benediction when one just leaves everything to the NO-SELF!
Buddha called this phenomenon ANATMA or ANATTA (NO-SELFHOOD).
One must turn oneself into a puppet in the hands of the NO-SELF.
And, then everything begins to flow naturally.
And spontaneously.
Just like a river flowing to the sea.
Or like a cloud wandering in the sky.
Lao-Tzu says this is—DOING BY NOT-DOING!
One ceases to be one's own master and becomes an instrument of the unknown.
And what non-sense it is to be one's own master!
Because there is no one to be so!
Do not search and you will continue to believe in it.
Search and it is nowhere to be found.
The self exists only in ignorrance.
It is IGNORANCE.
In KNOWING there is no-self.
Because there is no-knower.
THEN KNOWING IS ENOUGH UNTO ITSELF.

15/In Awareness there is no self

You cannot run away from the self.

Because, YOU are the self.

How can you run away from it?

It is like running from one's own shadow, and all your efforts are bound to be futile.

Rather STOP AND SEE IT.

Witness it.

Be aware of it.

FACE THE SHADOW—and, then, where it is?

It has never been really.

You created it by NOT-FACING IT.

And, you strengthened it by RUNNING from it.

And, is it not time enough, NOW to stop the GAME?

16/The Vicious Circle of Desire

A monk asked Daishu Ekai: "What is nirvana (absolute freedom)?"

The master answered: "Not to commit oneself to the **vicious circle of birth-and-death or pleasure-and-pain** is great nirvana."

"What then is the vicious circle of birth-and-death and pleasure-and-pain?"

The master said. "To desire nirvana!"

NOW be silent and FEEL what is meant by TO DESIRE NIRVANA.

And remember that I am not saying to THINK about it.

Because to think is to miss it.

FEEL IT.

FEEL IT.

FEEL IT.

17/Meditation—with a Jump into the Unknown

A disciple of Rinzai met a party of three men on a river-bridge. One of the three asked him: **"How deep is the river of meditation?"**

"Find out for yourself," he said, and offered to throw the questioner from the bridge.

But unfortunately the man ran away from him in time and escaped!

If you meet such a man who can throw you in the river **be fortunate enough to be thrown so!**

And you have met such a man!

Now BE THROWN.

18/Witnessing is Meditation

"How can a man learn to know himself?" enquires Goethe.

And then answers, "Never by reflection, but only by action."

John Burroughs doubts this. He says, "Is not this a half-truth? Because, one can only learn his powers of action by action, and his powers of thought by thinking."

But I say that **man is always more than all his actions and all his thoughts.**

And unless that MORE is known no one knows himself.

And that MORE can neither be known by action nor by reflection.

Because they both belong to the periphery and **that MORE is eternally the CENTRE.**

It can only be known by witnessing action and thought both —not by them but by witnessing them.

And, WITNESSING is MEDITATION.

19/Meditation is the Master-Key

Meditation is the master-key.
It can open the doors of the infinite.
And it can unlock the mystery of the unknown.
But just by possessing the key nothing is attained—unless one uses it.

Idries Shah tells a dervish tale:

There was once a wise and very rich man who had a son. He said to him: "My son, here is a jewelled ring. Keep it as a sign that you are a successor of mine, and pass it down to your posterity. It is of value, of fine appearance, and it has the added capacity of opening a certain door to wealth."

Some years later he had another son. When he was old enough, the wise man gave him another ring, with the same advice. The same thing happened in the case of his third and last son.

When the Ancient had died and the sons grew up, one after the other, each claimed primacy for himself because of his possession of one of the rings. Nobody could tell for certain which was the most valuable.

Each son gained his adherents, all claiming a greater value of beauty for HIS own ring.

But the curious thing was that the "DOOR TO WEALTH" remained shut for the possessors of the keys and even their closest supporters.

They were all too preoccupied with the problem of precedence, the possession of the ring, its value and appearance.

Only a few looked for the door to the treasury of the Ancient. But the rings had a magical quality too. Although they were keys, they were not used directly in opening the door to the treasury. It was sufficient to look upon them without contention or too much attachment to one or the other of their qualities. When this had been done, the people who had looked were able to tell where the treasury was, and could open it merely by

producing the outline of the ring. The treasuries had another quality too; they were inexhaustible.

Meanwhile the partisans of the three rings repeated the tale of their ancestors about the merits of the rings, each in a slightly different way.

The first community thought they had already found the treasure because they had the key!

The second thought that it was allegorical and thereby consoled themselves!

And, the third transferred the possibility of the opening of the door to a distant and remotely imagined future time and therefore for them there was nothing to do presently!

There is every possibility for you also to belong to one of these three communities; because **any one who begins to search is always prone to fall in the trap of any one of the three.**

Really, **these are the three basic tricks the mind can play to save itself from meditation.**

So beware of these old tricks.

20/Life is a play—a Leela

Existence exists in order to exist.

And likewise is life.

There is no meaning to it beyond itself.

So never posit any meaning; otherwise you will feel it meaningless.

It is not meaningless and it cannot be so; because there is no meaning in it at all!

The very search for meaning is mean and ugly.

Because it comes from the utilitarian mind of man.

Existence simply IS.

And likewise is LIFE.

There is no purpose in it.

And there is no end to it.

OH! FEEL IT.

HERE AND NOW.

Please, do not practice it because that is the way of the utilitarian mind!

And, do not be serious about it because that is the way of the utilitarian mind!

BE PLAYFUL AND ONLY THEN you will know the playfulness of the universe.

And to know that, is to be religious.

21/Mystery of the Void

We settle down where no settling is possible.

We make homes, while homelessness is the very nature of our consciousness.

Oh! We go on doing things which are impossible.

And then suffer.

But no one else is responsible.

We fight with the VOID and then are defeated.

Not because the VOID is stronger than us.

But because it is NOT.

Now stand up and fight with the empty space of the room so that you can know and taste the whole stupidity of the human mind!

And, then sit down and LAUGH at yourself.

And as the laughter dies down be silent and search WITHIN.

And then you will come to know a deep mystery: **the mystery** that the VOID is not only WITHOUT but WITHIN also!

22/Accept Insecurity—Blissfully

There is no security in life.

Because life cannot exist EXCEPT AS INSECURITY.

That is why **the more secure one is, the less alive one becomes.**

Death is complete security.

So never be in search of security because then you are searching death.

To live totally and in ecstasy never demands security.

Accept insecurity blissfully.

And when you accept it then you will know that it has a beauty of its own.

Mulla Nasrudin's tomb was fronted by an immense wooden door, barred and padlocked. Nobody could get into it, AT LEAST THROUGH THE DOOR. As his last joke, the Mulla decreed that the tomb should have NO WALLS AROUND IT. . . . . .

Oh! What the Mulla did with his tomb, everybody is doing with his life!

AND, UNKNOWINGLY!

If you also want to do it—AT LEAST DO IT KNOWINGLY!

Because I know that knowingly you cannot do it.

Not only you—but no one can do it.

Because, **no stupidity can be done with oneself knowingly!**

23/Upside-down-ness of the Life

In this world everything is upside down.

And one who is meditating will have to put everything rightside up!

One should not try to know life but to know death, and then the mysteries of life are revealed to him.

Or, one should not think and then one comes to know the Truth.

Or, one should not ask for any security and then there is no insecurity at all.

Bunan says in a poem :

"While living
Be a dead man,
Be thoroughly dead—
And, then, behave as you like
Because, then, all is well."

Takuan says: you cannot bathe in solid ice.
Neither can you live in frozen consciousness.
And, what is mind except that?
Go IN and FIND out.
Do not ask anybody.
Do not go to the scriptures.
Go IN and FIND out.
Do not think about it.
Because that is ABSURD.
How can you think against the mind?
Because any conclusion out of thinking can only strengthen the mind.
Do not think.
Because thinking is stopping, halting and freezing.
Thinking is the disease.
GO IN AND FIND OUT—IMMEDIATELY.
A moment's thinking and you are again in the old rut.
A moment's thinking and you are as far off from the REAL as is possible.

25/Clinging is Mind—the Bondage

Do not cling to anything or any idea.

Because, clinging is the bondage.

Even if one is clinging to the idea of liberation—Moksha or Nirvana—one will be in bondage.

With clinging meditation is impossible.

Because clinging is mind—the bondage.

And no-clinging is meditation—the freedom.

In the BOOK OF AMU DARIA, there is an old Sufi tale:

"Once upon a time there was a monkey who was very fond of cherries. One day he saw a delicious-looking cherry, and came down from his tree to get it. But the fruit turned out to be in a clear glass bottle. So he had to put his hand into the bottle to get it out. As soon as he had done so, he closed his hand over the cherry; but then he found that he could not withdraw his fist holding the cherry, because it was larger than the internal dimension of the bottle-neck.

"Now **all this was deliberate,** because the cherry in the bottle was a trap laid by a monkey-hunter who knew **how monkeys think!**

"The hunter, hearing the monkey's whimperings, came along and the monkey tried to run away. But, because his hand was, AS HE THOUGHT, stuck in the bottle, he could not move fast enough to escape.

"But, AS HE THOUGHT, he still had hold of the cherry; and consoled himself. But the hunter picked him up and a moment later he tapped the monkey sharply on the elbow, making him suddenly relax his hold on the fruit. The monkey was now free, but he was captured. The hunter used the cherry and the bottle, but he still had them!"

This monkey-way of thinking is the mind-way also!

And in the end when death—the hunter—comes, everyone is found caught in his own bottle!

Remember that before the hunter comes your hand is out of the bottle!

26/Illogical and Irrational Jump into the Unknown

The mind lives in a logical somnambulism.
And it feeds on arguments.
And words.
You cannot come out of it gradually.
Or logically.
Or rationally.
Rather take the JUMP.
Illogical and irrational.
And the jump can be nothing else than that.
It cannot be calculated.
Or conceptualized.
Or predetermined.
Because it is going into the unknown.
And the unchartered.
And the unpredictable.
And, ultimately not only into the unknown but into the UNKNOWABLE also.

27/Meditation means to Live in the Unknown

Do not believe in thinking.
Because that is the greatest of all superstitions.
But well-hidden!
Because it pretends to be anti-superstitious.
Thinking is nothing but dust in a blind mind.
Because, you cannot think that which is not known!
And, you need not think that which is already known!
And the encounter is always with the UNKNOWN.
The unknown is everywhere.
Within and without.
And, thinking is always in the known and of the known.
And you can never be in contact with the unknown through the known.
So THROW the known and be in contact with the unknown.
And, this is, what I call, meditation.

28/Meditation is the Greatest Art

The new world revealed in meditation is not something added from the outside. It has always been there—IN. It is in BEING itself. It is BEING itself. **One may know it or not, but it is THERE.** Of course, as a SEED, as a potentiality. One has to make it ACTUAL—that is all. That is why when it is revealed—when it flowers, one laughs uproariously because it has always been there and one never knew it.

To work towards meditation is just like sculpturing. Because as the sculptor chisels out a figure deeply buried in a mass of inert matter, **the meditator also transforms his own inert potentialities into living, dynamic and conscious creations.** Of course, here the creator and the creation and the means of creation are not different, but ONE. Because the meditator himself is ALL. And that is the reason why I call meditation the greatest art.

29/Existence itself is Life Eternal

The forms of existence are finite.
All forms.
Really to have a form means to be finite.
But existence is infinite.
Because **only the formless can be infinite.**
And existence is formlessness.
That is why it can take all the forms.
But to take form in anyway is to allow death in.
Because form is a death-sentence.
While **existence itself is eternal life.**
Do not be identified with the form.
This identification creates the fear of death.
In fact, all fear.
Remember the FORMLESS.
And, you will know immortality.
Because, you will be THAT—THEN.

30/Existence Exists Beyond Utility

The Universe cares for little but play.
But man in his life does hardly anything but work.
And because of this everything has become upside down.
Hence the agony.
The law—the TAO of the Universe is play—LEELA.
And the law of the human reason is work.
Because reason cannot think beyond utility.
But **Existence exists beyond utility.**
Meditate on this gap and you will find the bridge.
And that bridge is necessary.
Because, you cannot exist without work.
And to exist only for work is unbearable and unlivable.

The meditative man works that he may play—the reason of his work is PLAY.

And, the unmeditative man plays that he may work—the reason of his play is WORK.

31/Love to be Alone

Love to be alone.
Solitude is the temple of the Divine.
And, remember that there is no other temple.

32 Understanding—not from the Intellect but from the Being

I have no special doctrine or philosophy.

No set of concepts.

Or intellectual formulas.

But only certain irrational devices through which I can push you into the unknown.

I do not believe in any theories.

Or any systems of thought.

But I have faith in certain existential situations through which I can throw you into the unknown.

Intellectual understanding is not understanding at all.

But only a deception.

Understanding is always of the total—of the whole BEING.

Intellect is only a part and that too a minor one.

But it plays as the WHOLE.

And thereby creates all sorts of stupidities.

Do not be identified with your intellect.

Dissolve it into the whole of your BEING.

And, then you will know what understanding is.

And the bliss—and the ecstasy that follows it inevitably.

33/No-Mind is the Door to the Divine

There is conflict in the mind.
And always.
Because the **mind cannot exist without the conflict.**
It gets strengthened through conflict.
Even warring against conflict is CONFLICT.
And, struggling to go beyond the mind is MIND.
SEE this deeply and immediately.
And without motive.
As if you have come across a snake in the street.
AND THE JUMP.
Then it is not that you jump
BUT THE JUMP.
The jump happens spontaneously.
Without effort.
And without conflict.
And when this happens, there is no-mind.
And the NO-MIND is the door to the Divine.

34/ Crystallization of Being through Awareness

There is tension.

To be consciously conscious is to be tense.

But it is not because of consciousness—but because of PARTIAL consciousness.

The unconsciousness is always behind the so called consciousness.

This situation creates tension.

Because this creates a dichotomy.

A duality.

Hence, the tension.

Because **the being is divided** WHICH CANNOT BE DIVIDED—**hence the tensión.**

The unnaturality of the situation is the root cause of this tension and for that matter of all tensions.

Because, one is not INDIVIDUAL—that is INDIVISIBLE —therefore there is tension.

And one cannot really relax unless one is ONE.

Either be totally unconscious as in deep and dreamless sleep, and then there is no tension.

Or be totally conscious and then you are in the state of no-tension.

Because **the total can never be tense.**

That is why the WHOLE is the HOLY.

But falling in deep-sleep-like trance is just escaping the problem and that too only for the time being.

Because you will be back soon.

And WORSE.

Because, by such escapes the gap between the conscious and the unconscious is not bridged; but on the contrary, even widened more.

One becomes split and schizophrenic.

So always be aware of the mind because it tries to find solace in unconscious states in so many ways—through chemical drugs, through auto-hypnotic means and otherwise.

Begin to be aware in anything which ordinarily happens unconsciously.

For example—anger, jealousy or pride.

And your consciousness will be deepened.

Act consciously.

Even in day-to-day acts be conscious.

For example—walking, eating or talking.

And your consciousness will be expanded.

Be alert when thinking.

No thought should be allowed to pass unwitnessed.

And, then, in the end there is explosion in which you become totally conscious with no unconscious behind.

And, when this happens one is ONE.

And to be ONE is to be silent.

This silence is beyond time and space.

Because it is beyond duality.

35/Tension and disease—due to Localization of Consciousness

Mind is localization of consciousness.

And, it can be localized in any part of the body.

Ordinarily we have localized it in the head.

But other cultures and other civilizations in the past have tried other parts of the body also.

And on other planets there are beings with other parts in their bodies working as their heads.

But, whatsoever may be the part chosen, localization of consciousness means its freezing.

And whenever it ceases to flow freely as it is needed, it is no more the CONSCIOUSNESS IN ITS SUCHNESS.

And, meditation means : consciousness in its suchness.

So let consciousness fill up the whole body.

Let it flow throughout the totality of your being.

And you will have a feeling of aliveness which is never known and felt by localized consciousnesses.

Whenever there is localization of consciousness, the part in which the localization happens **becomes tense and diseased;** and the remaining body becomes a dead weight.

But with meditative consciousness or flowing consciousness everything changes completely.

The whole body becomes alive, sensitive and aware.

And, consequently weightless.

Then there is no centre for tensions to exist and accumulate, because they cannot exist without frozen blocks of consciousness.

The flowing, the moving consciousness washes them out every moment constantly.

And when the whole body is alive, only then you begin to feel the Cosmic Consciousness all around you.

How can a frozen consciousness, and that too surrounded by a dead-body, feel the Cosmic?

36/ Meditate on Death

Life becomes more authentic in encountering death directly.

But we always try to escape the fact of death.

And thereby life becomes pseudo and phoney.

And worse than death.

Because **even authentic death has a beauty of its own.**

While pseudo-life is just ugly.

Meditate on DEATH—because **there is no way to know LIFE, unless you stand face to face to death.**

And it is everywhere.

Wherever life is, death is also.

They are, really, two aspects of one and the same phenomenon.

And when one comes to know this—he transcends both.

And only in that transcendence is the total flowering of consciousness.

And the ecstasy of BEING.

37/Mind means Duality, Meditation means Oneness

Mind means duality.
And meditation: ONENESS.

In Zen they call it "THE ONE SWORD".

Kusunoki Masashige came to a Zen monastery, when he was about to meet the overwhelming army of Ashikaga Takanji and asked the Master: "When a man is at the parting of the ways between life and death, how should he behave?"

The Master answered: **"Cut off your dualism, and let the ONE SWORD stand serenely by itself against the sky!"**

38/Rest contented with the things—as they are

Choice is the root-cause of all anguish.
Choose and you always choose hell.
Even when you choose heaven!
And who chooses hell—directly?
But, everyone lives in hell!
Oh! The TRICK!
The gates of heaven open in hell!
Then what is to be done?
NOTHING AT ALL.

Because in doing nothing you can **rest content with all things AS THEY ARE**—and you have knocked at the right door and without even knocking!

39/ God is always Here and Now

Man can only know what God is not.

To know what God is; is impossible, because there begins the realm of BEING.

You cannot know God but you can Be,

And in that dimension that is the only knowing.

But that KNOWING is altogether different from our all other knowings.

Because in that KNOWING there is no KNOWER.

And no KNOWN.

But only KNOWING.

That is why in that dimension Knowing and Being are the same.

There is no KNOWLEDGE even.

Because knowledge is dead—and therefore a thing.

Moreover, knowledge is always of the past.

And, God is never in the past.

Nor, in the future.

GOD IS NOW.

Always NOW.

And HERE.

And, always HERE.

Close your eyes and SEE.

And then open your eyes and SEE.

And then neither close your eyes nor open your eyes and SEE.

40/ The Opening of That-Which-Is

The past is not.
And, neither the future is.
But the mind exists between these two non-existences.
And, therefore, the misery.
To live in the mind is to live in misery.
In agony and in hell.
The mind is the hell.
Be aware SUDDENLY of THIS.
And, then, there is a new opening.
The opening of the PRESENT.
The opening of THAT-WHICH-IS.
And, **the present is the only existence.**
Or, the existence.
BE in it and you are liberated.
LIVE in it and there is bliss.

41/Open your Inner Doors and Windows

Do not be closed to the Universe.
Open all your doors and windows.
And, let everything pass freely in and out—out and in.
Because only then you will be able to receive the truth.

42/A Break-through—for Meditation

Nothing great is ever accomplished without going mad.

That is, without **breaking through the ordinary level of consciousness.**

And letting loose the hidden powers lying farther below.

And also penetrating to the realm that is farther above.

And it may not be true for any other great thing, but it is absolutely true as far as meditation is concerned.

Meditation means MADNESS—of course, with a method!

43/Meditation requires Understanding—not Effort

Meditation requires understanding and not effort.

Because understanding is essential—not effort.

And remember always that you cannot substitute understanding by any effort whatsoever.

But what do I mean by understanding?

By understanding I mean living a natural life.

Of course, you cannot try to be natural!

That is self-contradictory.

You can be natural—but you cannot try to be natural.

Do you understand this?

Suzuki tells a story :

A monk once asked one of the old Chinese masters : "What is the way?"

The master replied : "**The natural one—the ordinary one is the WAY.**"

"How," continued the monk, "am I to accord with it?"

"When, you TRY to accord with it," said the master, "THEN you deviate from it."

Does this mean that one should not TRY?

No—Because that too is a way of trying!

Of course, indirect but still intentional.

That too will not help.

But **just SEE the dilemma clearly and you are out of it.**

ARE NOT YOU?

44/Meditation is Beyond Knowledge

Meditation is beyond knowledge.

You can BE IT—but you cannot know it.

All knowledge is superficial.

It is never anything else but acquaintance from the outside.

It is always ABOUT.

But never the thing ITSELF.

When Chinese Emperor Wu came to meet Bodhidharma, he asked the master : "What is the holy ultimate truth?"

Bodhidharma laughed and replied : "Nothing holy, Sir, and it is EMPTINESS itself."

Of course Wu was taken aback but he asked again : "Then who is the one who at present stands confronting me?"

Bodhidharma simply said : "I DO NOT KNOW!"

Do you see the beauty of it?

And, the truth?

And, the innocence?

And, the holiness?

And, the fullness?

And, the absolute ultimateness?.

Mind means consciousness somewhere.
Centred.
Focussed.
And, tense.
Meditation means consciousness no-where.
And when it is NO-WHERE—it is EVERYWHERE.
Decentralized.
Unfocussed.
And, non-tense.
Mind is agony by its very nature,
Meditation : ECSTASY.
Do not treat consciousness like a cat tied to a string.
This very treatment or mistreatment creates the mind.
The consciousness must be left to itself.
Utterly free to move.
And BE according to its nature.
Do not localize it.
Do not partialize it.
This is the essence of my discipline of no-discipline.

Preserve the absolute fluidity of your consciousness and then you will not be.

And when YOU are not and only CONSCIOUSNESS is, then for the first time the doors to the Divine are open to you.

BHAGWAN SHREE RAJNEESH: A GLIMPSE

Bhagwan Shree Rajneesh is an Enlightened One, who has become one with Infinity, the Totality. He is NOT—but the Infinity breathes through him. He is not a person but the Divinity personified. Transcendental Truth shines every moment through him. **His eyes, his fingers, his gestures, his laughter, his smile, brings the message from the beyond and the transcendental.** In fact, he is not living in Cosmic Consciousness, but has become the Cosmic Consciousness. Even further, he lives beyond Cosmos, beyond Being — in No-Being, in No-thingness, in the Great Void—Nirvana.

There lies in him the essence of Lao-tse, Buddha, Krishna and Christ. He says, they are one and the same. A seeker of truth can feel the mystery of his existence and the radiation of the divinity in him. **By his very presence the seeker feels that something mysterious has started changing and awakening within him.**

Born on 11th December 1931, in a small village of Central Province (now Madhya Pradesh) in India, he bloomed into fullness, took his Master's degree in Philosophy from the Saugar University in 1957. He was an extra-ordinarily brilliant student and stood first in the University. Later on he served in two colleges as a Professor for nine years. In 1966 he resigned from his service to consecrate his life to the Wish of God—for the spiritual regeneration of humanity and to spread practical spirituality for every man.

He travels throughout the country giving discourses, discussions and conducting Meditation Camps. **He challenges and shatters all the set patterns and values of human culture and knowledge.** He wants to indicate the totality of Life, and brings about the Total Transformation of human beings. The process, the Alchemy for the inner transformation, he says, is MEDITATION and SAMADHI. As a back-ground for this, one must be free from the clutches of scriptures, words, authorities, traditions, knowledges, beliefs and the past memories. He says that when the consciousness is totally non-identified with the contents

within and without it, in that Void, Emptiness, an explosion of every thing takes place. One transcends the body, the mind, the thoughts **and there remains the pure Is-ness,** the mysterious divinity, infinite bliss which no words can describe.

He says, the total transformation of every individual being into his total divine potentialities is the Way, the dimension, the solution, for the uncountable problems of modern civilization. That alone can save Man from total destruction.

Due to his lecture tours and meditation camps, some inspired friends and seekers have formed many **'Life Awakening Centres'** throughout India. They publish his lectures, conduct his tours and meditation camps. In Hindi language they publish a quarterly magazine — 'JYOTI SHIKHA' (the Divine Flame) and a monthly magazine 'YUKRAND' (bulletin of Rebellious Youth Force). In the near future they are going to publish an English monthly magazine also.

They have a vision to create **a "World Meditation Centre" where all the dimensions of human potentialities could be experimented, searched and awakened** in the light of modern science, human wisdom and practical spirituality.

Thousands of seekers from India and abroad are coming closer and closer to Bhagwan Shree Rajneesh. Many of them are being transformed, changed and awakened. **Unseen forces are attracting seekers from all the corners of the world towards Bhagwan Shree to** usher a world-wide movement for Spiritual Awakening.

In India Bhagwan Shree Rajneesh speaks in the Hindi language. His lectures on various subjects are published in the form of books. Many of the books have been translated into different Indian languages and some of them are in English. The English speaking audience and foreign interviewers, he addresses in English.

Now Bhagwan Shree Rajneesh has settled in Bombay having his World Head Quarters of Life Awakening Movement here.

He has also initiated and inspired a "Neo-Sannyas International Movement" in which seekers from different religions, such as — Hindu, Jain, Mohammedan, Christian, Jew, Bud-

dhist, Sikkha — have been initiated into Sannyas-Life forming a Family of Religions. Uptil now 460 Sannyasis from India and abroad have been initiated into "Neo-Sannyas."

Under his guidance these experienced Sannyasis are travelling throughout India to conduct meditation experiments, inspiring people about Real Life. These Sannyasis are also conducting Divine Healing Experiments. Within a few months these Neo-Sannyasis will start for a World Tour to spread the message and practical spirituality of Bhagwan Shree Rajneesh through 'Neo-Sannyas International' and Life Awakening Movement.

Let God send thirsty seekers, striving souls, restless youths and the hungry and angry new generation to dive deep into the cool and serene illumination, enlightenment, and divinity of Bhagwan Shree Rajneesh, **and be awakened to save humanity.**

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